

Application No. 10/826,096

Response to Office Action Mailed 06/12/2006

#### AMENDMENTS TO THE CLAIMS

Claim 1 (currently amended). A reciprocating weight exercise apparatus comprising:

a rigid tube having a first end and a second end;

a first stationary handle affixed to the first end and a second stationary handle affixed to the second end, the first end of the tube being swaged where the first stationary handle is affixed to it and the second end of the tube being swaged where the second stationary handle is attached to it;

a first coil spring and a second coil spring, the tube being deployed within the coil springs;

a permanent weight adapted for sliding along the length of the tube and between the first coil spring and the second coil spring, the permanent weight having sufficient weight to compress the coil springs;

a first slidable handle and a second slidable handle adapted for sliding along the length of the tube, the first slidable handle being adjacent to the first coil spring and the second slidable handle being adjacent to the second coil spring; and

a first shock absorbing means deployed on the tube adjacent to the first stationary handle and a second shock absorbing means deployed on the tube adjacent to the second stationary handle.

Claim 2 (canceled).

Claim 3 (currently amended). An exercise apparatus as set forth in claim 1 ~~[[2]]~~ wherein each slidable handle is seated on a tubular sleeve with a swaged outer end.

Claim 4 (deleted).

Claim 5 (currently amended). An exercise apparatus as set forth in claim 10 wherein the permanent weight has a threaded circular cylindrical surface and wherein each auxiliary weight is annular with a threaded interior surface such that the auxiliary weight can be screwed onto the permanent weight.

Claim 6 (original). An exercise apparatus as set forth in claim 3 wherein each shock absorbing means is an O-ring and a bushing.

Application No. 10/826,096

Response to Office Action Mailed 06/12/2006

Claim 7 (original). An exercise apparatus as set forth in claim 5 wherein each shock absorbing means is an O-ring and a bushing.

Claim 8 (original). An exercise apparatus as set forth in claim 3 wherein each shock absorbing means is a spring and a bushing.

Claim 9 (original). An exercise apparatus as set forth in claim 5 wherein each shock absorbing means is a spring and a bushing.

Claim 10 (previously presented). A reciprocating weight exercise apparatus comprising:

- a rigid tube having a first end and a second end;

- a first stationary handle affixed to the first end and a second stationary handle affixed to the second end;

- a first coil spring and a second coil spring, the tube being deployed within the coil springs;

- a permanent weight adapted for sliding along the length of the tube and between the first coil spring and the second coil spring, the permanent weight having sufficient weight to compress the coil springs;

- a first slidable handle and a second slidable handle adapted for sliding along the length of the tube, the first slidable handle being adjacent to the first coil spring and the second slidable handle being adjacent to the second coil spring;

- a first shock absorbing means deployed on the tube adjacent to the first stationary handle and a second shock absorbing means deployed on the tube adjacent to the second stationary handle; and

- a first auxiliary weight attachable to one side of the permanent weight and a second auxiliary weight attachable to a side of the permanent weight opposite to the side to which the first auxiliary weight is attached.

Claim 11 (new). A reciprocating weight exercise apparatus comprising:

- a rigid tube having a first end and a second end;

- a first stationary handle affixed to the first end and a second stationary handle affixed to the second end;

Application No. 10/826,096

Response to Office Action Mailed 06/12/2006

a first coil spring and a second coil spring, the tube being deployed within the coil springs;

a permanent weight adapted for sliding along the length of the tube and between the first coil spring and the second coil spring, the permanent weight having sufficient weight to compress the coil springs;

a first slidable handle and a second slidable handle adapted for sliding along the length of the tube, the first slidable handle being adjacent to the first coil spring and the second slidable handle being adjacent to the second coil spring;

a first shock absorbing means deployed on the tube adjacent to the first stationary handle and a second shock absorbing means deployed on the tube adjacent to the second stationary handle; and

a first auxiliary weight attachable to one side of the permanent weight and a second auxiliary weight attachable to a side of the permanent weight opposite to the side to which the first auxiliary weight is attached, wherein the permanent weight has a threaded circular cylindrical surface and wherein each auxiliary weight is annular with a threaded interior surface such that the auxiliary weight can be screwed onto the permanent weight.

Claim 12 (new) An exercise apparatus as set forth in claim 11 wherein each shock absorbing means is an O-ring and a bushing.

Claim 13 (new) An exercise apparatus as set forth in claim 11 wherein each shock absorbing means is a spring and a bushing.